

Good morning, everyone! I hope you're all doing well.

My name is Cayley Winters. I am a Junior at Michigan State University and the President of Students for Choice, but beyond that I am a patient at Planned Parenthood.

Concerned with becoming a young parent – just like my parents – I wanted to make sure that I was using two forms of contraception. Also, as a type one diabetic, my endocrinologist recommended that I be put on some form of light hormonal birth control, so that my blood sugars could remain stable during my teenage years, as different hormones in the body during adolescence can negatively affect blood sugars.

My only problem now was, where do I go? My health insurance at the time only covered the cost of my diabetes supplies. Anything unrelated to diabetes was completely out of pocket. You can imagine how terrified my family was the first time I landed myself in the hospital due to a sledding injury.

That's when I heard about Planned Parenthood, and I first became a patient at the age of 16.

They equipped me with everything I needed. I was educated on STI testing, HIV testing, prenatal care, and all kinds of different birth controls.

On top of this, before my appointment I was able to tell them without being judged about my insurance dilemma, and they were so kind as to work with me on a sliding scale basis. They interviewed me about my part-time job and what kind of financial assistance I was getting to insure that my payment plan fit my needs.

But it just so happens that the same Planned Parenthood I was able to get access to was also a Planned Parenthood that provides abortion.

HB4145 will like limit people like me from getting services they need all because they offer a legal and safe procedure that could be reduced with the sex education and contraceptive access Planned Parenthood also provides.

The bill will be hurting other people including people like my mother who went to Planned Parenthood as an 18 year old girl, pregnant with me, who was given her first pregnancy confirmation, prenatal care supplies, and a goodie basket with formula, diapers, wipes, and a cute little pink hat for me. We still have the basket at my house.

Point: Because of Planned Parenthood I've been able to get affordable and accessible birth control and sex education, therefore I haven't been pregnant, and haven't needed an abortion. But if you shut down those same clinics that offer affordable and accessible birth control just because they offer abortion services, you are doing an injustice to those who are seeking birth control like myself, and could and will inevitably and unintentionally become pregnant and have nowhere to turn for prenatal care or affordable pregnancy confirmation tests.